

APPENDIX A.1. ORDER OF EVENTS - CHAMPIONSHIP

Tuesday

W	M	Event
101	102	200 M Butterfly
103	104	50 M Breaststroke
105	106	100 M Freestyle
107	108	200 M Medley Relay
109	110	800 M Freestyle Timed Final, heats swum Fastest to Slowest, alternating Women's and Men's heats (Fastest Heat swum as 1 st event in Finals session)

Wednesday

W	M	Event
201	202	200 M Freestyle
203	204	200 M Breaststroke
205	206	200 M Backstroke
207	208	200 M Freestyle Relay

Thursday

W	M	Event
301	302	400 M Ind. Medley
303	304	50 M Backstroke
305	306	100 M Butterfly
307	308	400 M Medley Relay

Friday

W	M	Event
401	402	400 M Freestyle
403	404	50 M Butterfly
405	406	100 M Breaststroke
407	408	100 M Backstroke
409	410	800 M Freestyle Relay- Timed Final, heats swum Fastest to Slowest (Fastest Heat swum in Finals Session)

Saturday

W	M	Event
501	502	200 M Ind. Medley
503	504	50 M Freestyle
505	506	400 M Freestyle Relay
507	508	1500 M Freestyle – Timed Final, heats swum Fastest to Slowest, alternating Women's and Men's heats (Fastest Heat swum as 1 st event in Finals session)

APPENDIX A.2. ORDER OF EVENTS – TIME TRIALS

Order of Events – Time Trials

W	M	Event	W	M	Event
Tuesday			Friday		
141	142	50 Meter Breaststroke	441	442	400 Meter Freestyle
143	144	200 Meter Butterfly	443	444	100 Meter Breaststroke
145	146	100 Meter Freestyle	445	446	100 Meter Backstroke
147	148	800 Meter Freestyle	447	448	50 Meter Butterfly
149	150	200 Meter Freestyle	449	450	50 Meter Freestyle
151	152	200 Meter Breaststroke	451	452	200 Meter IM
153	154	200 Meter Backstroke	453	454	1500 Freestyle
Wednesday			Saturday		
241	242	200 Meter Freestyle	541	542	50 Meter Freestyle
243	244	200 Meter Breaststroke	543	544	50 Meter Backstroke
245	246	200 Meter Backstroke	545	546	50 Meter Butterfly
247	248	400 Meter IM	547	548	50 Meter Breaststroke
249	250	100 Meter Butterfly	549	550	200 Meter IM
251	252	50 Meter Backstroke	551	552	100 Meter Freestyle
Thursday			553	554	100 Meter Backstroke
341	342	400 Meter IM	555	556	100 Meter Butterfly
343	344	100 Meter Butterfly	557	558	100 Meter Breaststroke
345	346	50 Meter Backstroke	559	560	400 Meter IM
347	348	50 Meter Butterfly	561	562	200 Meter Freestyle
349	350	100 Meter Breaststroke	563	564	200 Meter Backstroke
351	352	100 Meter Backstroke	565	566	200 Meter Butterfly
353	354	400 Meter Freestyle	567	568	200 Meter Breaststroke
			569	570	400 Meter Freestyle

2023 National YMCA Long Course Swimming Championship July 25-29, 2023

Meet Qualifying Time Standards

Qualifying Period for the Long Course YMCA National Championship Meet

July 1, 2022 to the entry date for the meet

WOMEN			MEN		
25 Meter Course	25 Yard Course	50 Meter Course	50 Meter Course	25 Yard Course	25 Meter Course
:27.73	:24.99	:28.49	50 Free	:25.79	:24.85
:59.92	:53.99	1:01.69	100 Free	:56.69	:54.15
2:09.41	1:56.59	2:13.99	200 Free	2:02.99	1:58.09
4:31.85	5:10.69	4:36.99	400M/500Y Free	4:17.99	4:12.42
9:14.74	10:33.99	9:26.99	800M/1000Y Free	8:51.99	8:38.86
9:31.27	10:52.89	9:43.99	800M Bonus†	9:07.99	8:54.26
17:39.80	17:42.99	18:14.99	1500M/1650Y Free	17:11.49	16:29.91
18:11.30	18:14.59	18:47.79	1500M Bonus†	17:42.39	16:59.32
1:06.25	:59.69	1:09.59	100 Back	1:03.99	1:00.48
2:22.62	2:08.49	2:28.99	200 Back	2:18.99	2:10.74
1:16.02	1:08.49	1:18.99	100 Breast	1:11.99	1:08.25
2:45.15	2:28.79	2:51.49	200 Breast	2:37.19	2:28.61
1:05.81	:59.29	1:07.59	100 Fly	1:01.19	:59.26
2:26.50	2:11.99	2:31.59	200 Fly	2:17.69	2:12.07
2:25.39	2:10.99	2:31.79	200 IM	2:19.49	2:12.07
5:09.67	4:38.99	5:18.99	400 IM	4:54.99	4:45.70
1:51.98	1:40.89	1:53.99	200 Fr Rel	1:43.79	1:40.66
4:01.96	3:37.99	4:06.79	400 Fr Rel	3:46.79	3:37.88
8:42.79	7:50.99	8:57.89	800 Fr Rel	8:11.99	7:56.06
2:04.53	1:52.19	2:06.99	200 Med Rel	1:54.99	1:52.09
4:29.49	4:02.79	4:37.89	400 Med Rel	4:14.59	4:03.74

all times are the same as 2022

† Bonus qualifying times explained

If you enter one of the distance events (1500 or 800) at the standard qualifying time, then you are allowed to enter the other distance event using its bonus qualifying time standard.

The bonus event is included in the maximum of 5 individual swims.

Appendix C. Championship Procedures and Operations

Rules

The meet will be conducted under the Rules that Govern YMCA Competitive Sports, the Swimming Addendum to the Rules that Govern YMCA Competitive Sports, and USA-S Technical Rules.

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet. A list of FINA Approved Tech Suits is documented at: [USA Swimming Tech Suit Restricted and Approved List 2-10 \(5\).xlsx](#)

Meet Format

- Prelims and Finals format with designated distance events contested as Timed Final events
- Events are seeded slowest to fastest (except the 1500 Freestyle, 800 Freestyle, and 800 Freestyle Relay) with non-conforming entry times (short course yard and short course meter) seeded first.
- The Administrative Referee reserves the right to combine heats.

Warm-Up And Pool Entry

Coaches are responsible for the safety of their athletes and are expected to always monitor them during warm-up sessions. No team has exclusive rights to any pool lanes during the warm-up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in the reflection of the YMCA values and sportsmanship.

During designated warm-up sessions, athletes may only enter the competition pools from the starting ends. At all times other than competition, athletes are expected to use a three-point entry in which they sit on the edge of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm-up periods when sprint lanes are designated for practicing racing starts.

Policy for Use of Training Equipment:

Training equipment is not allowed in the competition pool at any time during warm-ups. Training equipment will be allowed in the non-competition pools when general warm-ups are taking place in the competition pools.

Once the competition pool switches to specific warm-up, training equipment is no longer allowed in the non-competition pools.

Training equipment will not be allowed in the non-competition pools when prelims, time trials or finals sessions are taking place in the competition pool.

The coach whose athletes are utilizing training equipment should monitor its use to ensure a safe environment for all athletes.

Relay Check-In Procedure

Prelims – No relay form required if the same swimmers entered during the on-line entry process will swim in the same order as entered. If the swimmers in Prelims are different than the swimmers entered on-line (or in a different order), then a relay form must be filed.

Prelims – Relay forms available at the Proof of Times table during Meet Check-in or at the Scratch/Relay table and HELP Desk during the meet. The head coach shall list the team

name and the competing relay swimmers (last and first names) in the order that they will swim. Relay entry forms for Prelims must be turned in to the Scratch/Relay table 30 minutes before the scheduled start of the relays. Relay changes may be declared at any time prior to the start of the heat, but the coach MUST submit a Relay Change Card to the Admin Referee prior to the start of the relay's heat.

Finals – No relay form required if the same swimmers who swam in Prelims will swim the same order in Finals. If the swimmers in Finals are different than the swimmers in Prelims (or in a different order), then a relay form must be filed and submitted 30 minutes prior to the relay. All other instructions and conditions shown above shall apply.

Scratch Procedures

Once entries have been submitted, an athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet. The USA-S scratch procedures (USA-S Rule 207.11.6) will be followed, as modified for this Meet as set forth below: Scratch cards will be available from the Scratch table and the HELP Desk.

Scratching From Prelims: The athlete or coach must complete and submit a Scratch card to the Scratch table by 5:00 PM on the day prior to the event.

Scratching From A Timed Finals Event: Athletes may scratch from a timed Finals event in accordance with the procedures for Scratching from Prelims.

Scratching From Finals: For an athlete initially qualifying for the A, B, C, or D Finals, the swimmer or his/her coach, must notify the scratch table within 30 minutes following the announcement of his/her name as a finalist that he/she will not compete in Finals in that event.

If there have been scratches from a Final event, the Administrative Referee will attempt to notify any swimmer moved up into FINALS.

Failure to compete in a Finals Event from which the athlete has not scratched shall disqualify the athlete from the remainder of the meet. However, no penalties shall apply for failure to compete in Finals if the referee is notified in the event of injury or illness and accepts the proof thereof, or it is determined by the Referee that failure to compete is caused by circumstances beyond the control of the athlete.

Declaration Of Intent To Scratch: An athlete qualifying for A, B, C, D Finals (or his/her coach), based upon the results of the Prelims in an event, may notify the Scratch/Relay table within 30 minutes after announcement of the qualifiers for that event that he/she may not compete in the Finals of the event, pending the results of a subsequent individual Prelims event in which he/she is entered. The athlete (or his/her coach) must then declare his/her final intentions within 30 minutes following their last individual Prelims event (USA-S Rule 207.11.6E(2)). If the athlete (or his/her coach) does not declare his/her final intention, it will be assumed the athlete has chosen not to scratch from the Finals of the original event. If the athlete then fails to compete in this Finals Event, he/she shall be barred from further competition for the remainder of the meet (USA-S Rule 207.11.6D(1)).

Declared False Start: An athlete may also withdraw from a Prelims heat, timed final, or swim-off by electing to take a declared false start. Such a declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts

as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

No Show: An athlete who is seeded in a preliminary event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events on that day unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

In addition, the athlete shall not be seeded in any individual events on succeeding days unless that athlete and/or coach declares their intent to swim prior to the close of the scratch box for the next day’s events.

(Note that under USA-S rules, a no show is automatically barred from all further individual and relay events for that day (Rule 207.11.6C); we are easing that burden, particularly for relay swimmers.)

Starts

'Fly-over' starts may be used at this meet for Prelims and Time Trials.

Swim-Offs

In the event a swim-off is necessary, the meet Administrative Referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2).

Timing

The timing of all swimming events will be posted to the hundredths of a second. In the case of a tie to the hundredths of a second in a preliminary event, swim offs will be scheduled, as necessary, in accordance with Rule 102.5.2.

Initial Splits:

Coaches desiring a time for an initial split in an individual or relay event must complete the appropriate form and present it to the Deck Referee prior to the swim in question so that additional timers can be provided as a back-up to the timing system. Forms are available at the HELP Desk. Coaches may be asked to provide one or more timers for their athletes. Help Desk General meet information, Heat Sheets, Bio Forms, Facility Information, Relay Change Cards, Requests for a Time for Initial Split, etc. can be obtained at the HELP Desk, located on the pool deck outside the First Aid room.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS if USA-S ID numbers have been included with your entry.

Distance Events

800 and 1,500-meter Freestyle and 800 Freestyle relay events are timed Finals and are swum fastest to slowest. The Deck Referee may combine the slowest heats if warranted. For the 1,500 Freestyle, the top 8 seeded competitors (men and women) will swim in the Finals at night.

For the 800 Freestyle, the top 8 seeded competitors (men and women) will swim in the Finals at night.

The 800 Meter Freestyle Relay is a Timed Final with the fastest seeded heat for men and women swimming at night. Preliminary heats will be swum fastest to slowest.

Finals

For Individual prelim/final events, the heat order is:

- "B"-Heat (consolation heat)
- "A"-Heat (Finals heat)
- "C"-Heat (bonus heat)
- "D"-Heat (15 & under)

After the "D" Heat, awards will be presented for the event.

For Relay events, the heat order is:

- "B"-Heat (consolation heat) for the women
- "A"-Heat (Finals heat) for the women
- "B"-Heat (consolation heat) for the men
- "A"-Heat (Finals heat) for the men

After the men's "A" Heat, awards will be presented for the women followed by the men.

Starting Locations

For Prelims, 50 meter events will start at Scoreboard end of pool and all other events will start at the Diving Well end of the pool. At the finish all swimmers will remain in the water until the next heat is started using flyover starts (except 50 meter events, Backstroke Events and Medley Relays).

For Finals, 50 meter events will start at Scoreboard end of pool and all other events will start at the Diving Well end of the pool.

Results

Any results displayed on the scoreboard are unofficial until final results are published. Results will be available on our website and Meet Mobile. Spectators may view results on screens available in the Pool Lobby.

Protest Procedure

Protests may only be initiated by a person with standing, that is, a coach or YMCA Manager whose team is competing in the meet. Eligibility protests (prior to the meet and at the meet) will be heard by an Eligibility Committee. The Eligibility Committee will investigate and make a ruling.

The USA-S protest procedures (Rule 102.23) will be followed, as modified for this Meet, and set forth below:

All protests must be made using the Protest Form and delivered to the Meet Referee. Protest Forms can be obtained from the HELP Desk.

For protests made prior to a race, concerning the eligibility of an athlete(s) to compete, the Eligibility Committee will endeavor to resolve the protest before the start of the race in question. If the Eligibility Committee cannot resolve the issue before the race has swum, the affected athlete(s) shall be allowed to swim under protest and that fact shall be announced.

All other protests must be made to the Meet Referee, using the Protest Form, within 30 minutes after the conclusion of the race in which the alleged infraction occurred.

Protests against "judgment decisions" of starters, stroke, turn, place, and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final. Any questions concerning judgments by deck officials should first be addressed to the Deck Referee, and then to the Meet Referee, as appropriate.

The Meet Committee will serve as the Meet Jury and will consider all other protests lodged against the Meet. Their decisions will be final.

The results of any protested race will not be announced, any awards will not be presented, and any points will not be allocated until the protest is resolved or withdrawn, in writing.

Conduct And Restrictions

The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.

Deck access is limited to only registered and approved coaches, swimmers, working officials, and approved photographers.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. Changing in the Athletes Village is prohibited. The USA Swimming Rulebook defines Deck Change as "changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top.

THERE IS NO SMOKING, ALCOHOL OR DRUGS IN THE AQUATIC CENTER COMPLEX.

Glass, Food, and Chairs are not permitted on deck or in locker rooms/changing areas.

The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

Photographs or videos may not be taken behind the starting block during competition and warm-ups.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Massage tables are not permitted.

Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.

Swimmers are permitted in the spectator stands but should not impact spectator seating by occupying prime seat areas.

No outside catering or take-out food is permitted in either the Athletes Village or the Aquatics complex.

Shaving is not permitted in any area of the venue including the Athletes Village.

All YMCAs are required to comply with the YMCA of the USA's Graphic Standards for apparel and banners.

Team banners can only be hung in the Athlete Village and are not permitted to be hung in any other area of the Aquatic Center or Special Events Center.

Best practices for all teams, coaches, and athletes: Have a contract with your athletes as to their expected behavior, review the YMCA four core values – Caring, Honesty, Respect and Responsibility, with your athletes and obtain permission for emergency medical care for each athlete.

Parade of Athletes

Prior to Tuesday Finals, athletes and officials will assemble and parade around the pool for Opening Ceremonies. Athletes are encouraged to wear YMCA appropriate and respectful team attire related to the Parade theme.

Coaches and team leaders are responsible for ensuring that the parade remains a mature, tasteful, respectful and YMCA-appropriate activity.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA NATIONAL SWIMMING AND DIVING EVENTS VOLUNTEER REQUIREMENTS

The YMCA is committed to the safety and security of all participants at our national youth events. As part of that commitment, all national youth event volunteers are required to complete the following:

BACKGROUND CHECK

- Renewed every 24 months

Acceptable Providers:

- YMCA of the USA
- USA Swimming
- USA Diving

Current USA Swimming or USA Diving members may submit their Member Card to show the date of their successful screening.

A YMCA of the USA background check may be initiated in the Volunteer Registration below.

CHILD/ATHLETE PROTECTION TRAINING

- Renewed every 12 months

Acceptable Providers:

- [U.S. Center for SafeSport](#): Course: *SafeSport Trained*
- USA Swimming: <https://www.usaswimming.org/resource-center/athlete-protection-training>.
Courses: Athlete Protection Training: Core Courses
- [Praesidium](#): Courses: *Abuse Prevention-Swim Edition Part I and Part II*; and *Duty to Report Mandated Reporter (All three are required)*
 - [YMCA event volunteers may take these courses at no cost](#) by using registration code: **reg-yusa-610-swimmingdiving**
 - Note: If using Praesidium, proof of all three courses (three certificates or an individual's transcript showing all three) must be uploaded with their volunteer registration.

You will upload your certificate(s) or transcript in the Volunteer Registration below.

YMCA VOLUNTEER REGISTRATION

- **NEW** in 2023. Required every year

All volunteers register through the [YMCA National Youth Event Volunteer Registration](#) system.

This system requires the volunteer to have a YMCA account. Instructions [here](#).

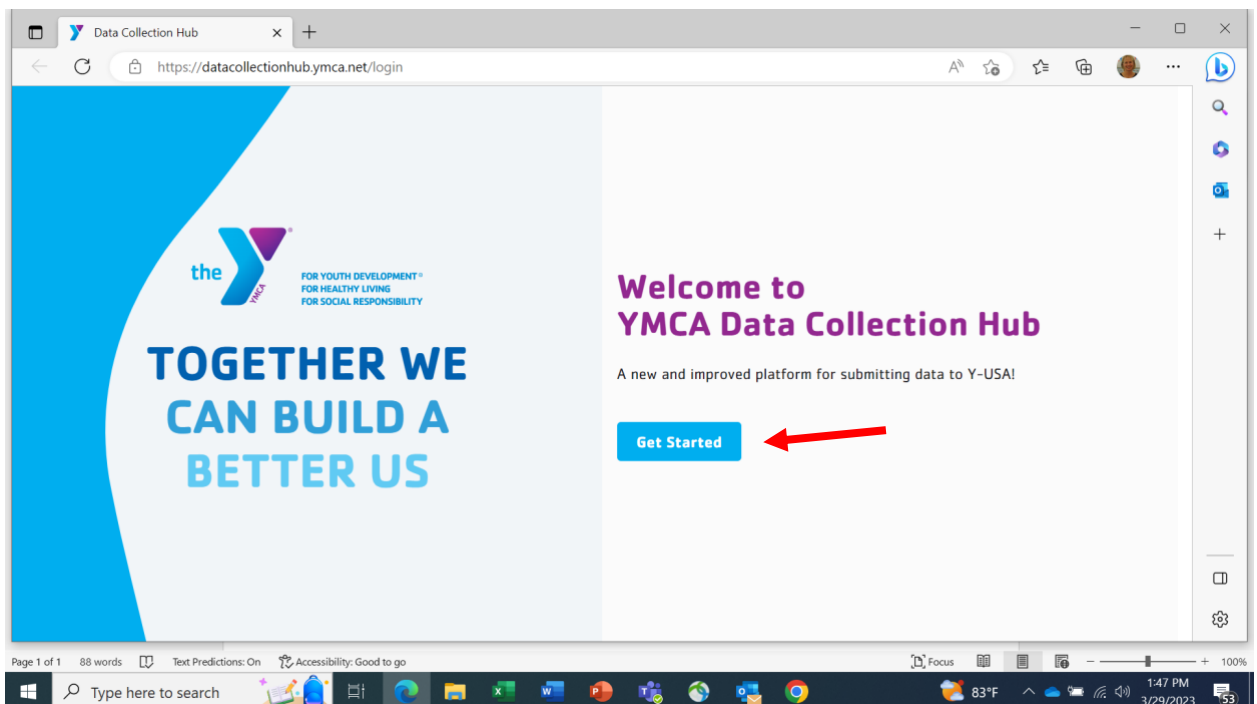
Included in the Volunteer Registration:

- Upload USA Swimming or USA Diving member card showing completion date of Background Check or initiate Y-USA Background Check during Volunteer Registration.
- Upload Child/Athlete Protection Training (certificates or transcript or USA Swimming or USA Diving member card)
- Upload YMCA swim official certification and/or USA Swimming member card (if you are a certified official)
- Electronically sign Photo/Video Release, Code of Conduct with Youth, Waiver & Release of Liability, Covid Disclaimer – included in the registration platform.

YMCA Volunteer Registration is renewed each year or when a certificate or background check expires.

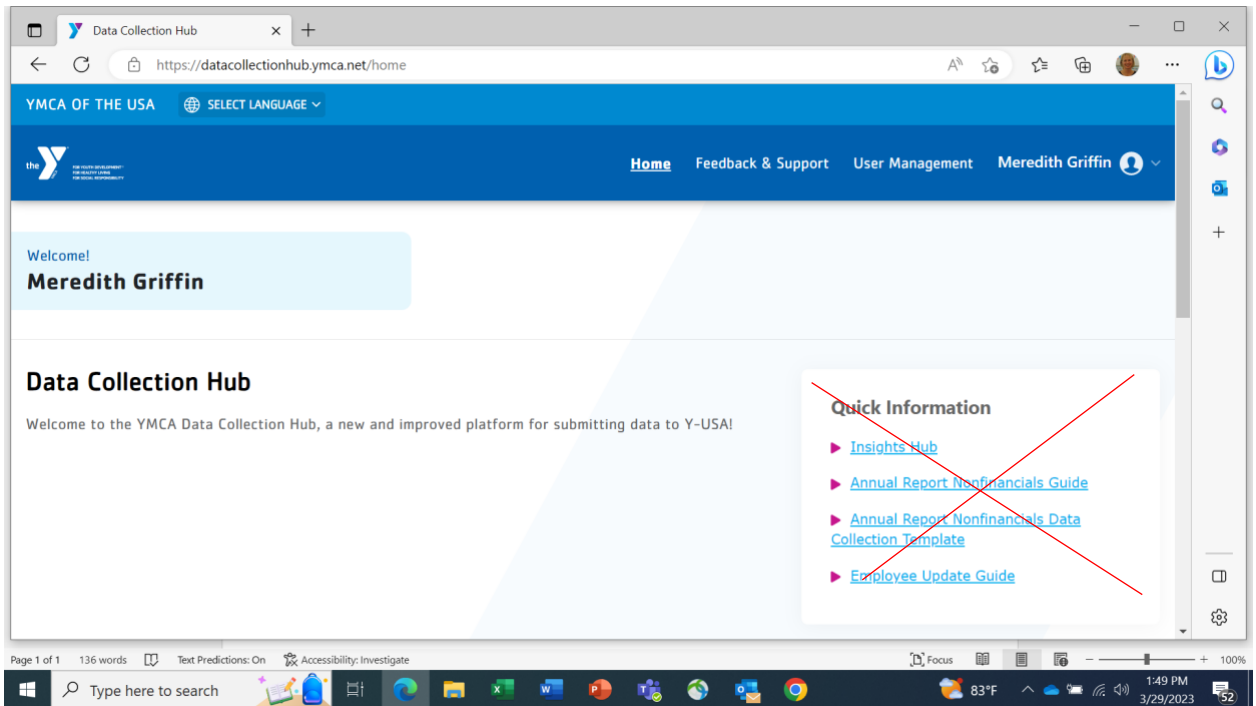
YMCA National Youth Event Volunteer Registration System Step by Step Instructions with Screenshots

1. Use a PC, rather than a tablet or mobile device.
2. Clear your cache / browsing history.
3. Make sure you have a YMCA account. If you have ever taken a YMCA training course (such as YMCA Swim Officials training) or been a YMCA employee, you have an account. If you have ever accessed the YMCA's Learning and Career Development Center (LCDC), you have an account.
 - If you do not have an account, create one ([instructions here](#)) and remember your exact name, e-mail address and password used to create it. Each person must use their own e-mail address. Two people cannot share the same e-mail address.
4. If you just created a new YMCA account, *close out of that site before* going to the next step.
5. Go to <https://datacollectionhub.ymca.net/>
6. Click Get Started

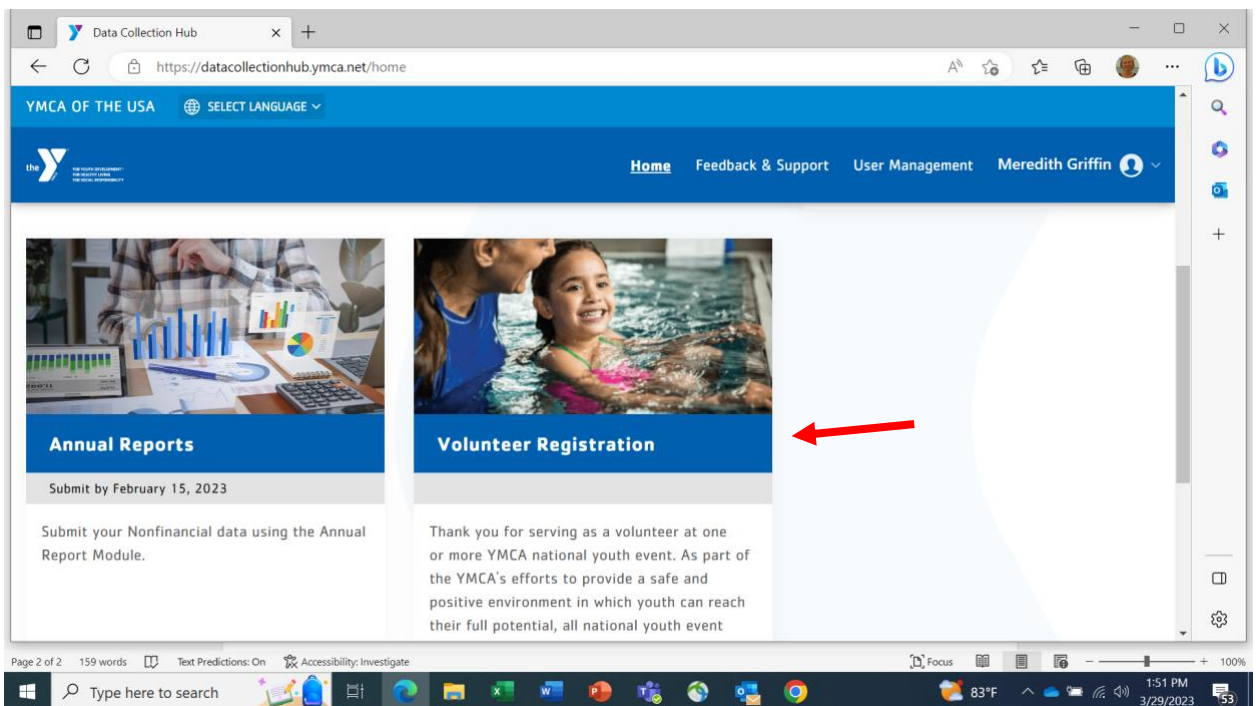


You will be asked to sign into your YMCA account. If you have had an account and used that on your current computer, it may self-populate.

7. Do not click on any prompts on the left under Quick Information.



8. Scroll down until you see the Volunteer Registration box. Click on that box.



9. Your personal details (name, address, phone, etc.) will appear. Scroll down to see where to upload your documents.

10. Remember to click Submit on the bottom of the screen when you finish.

Important Notes

- Do not create another YMCA account if you already have one. Contact fulfillment@ymca.net for assistance with your existing account.
- You must be added to the access list in the system so if you enter your correct information and get a message that you do not have access, e-mail [Meredith Griffin](mailto:Meredith.Griffin@ymca.net) with the name and e-mail address on your YMCA account.
- You cannot share an e-mail address with another person
- Your name and e-mail address in the Data Collection Hub (volunteer registration system) **must** be exactly the same as your YMCA account.
- If you share a computer with someone else who is trying to register in the system, it is especially important to exit the system and clear your cache before changing users.

Appendix E. Championship Committee

Executive Committee

John Richards– Meet Director

Jon Saxton – Assistant Meet Director

Bob Turner – Help Desk

John Richards – Finance

Jim Ryan – Eligibility Committee Chair and Y-USA Technical Advisor for National Aquatic Events

Judy Sharkey – Meet Referee, YMCA National Officials Chair

Mike Leonard –YMCA Coaches Association Executive Committee Chair

Martin Scheidl– Meet Operations Co-Chair

Terri Shannon – Meet Operations Co-Chair

Meredith Griffin – Y-USA Manager, National Competitive Events

David Hoover – Manager of Greensboro Aquatics Center

Zach Ahrens – Athlete Rep – Auglaize-Mercer YMCA (OH)

Gregory Lin – Athlete Rep –YMCA of Greater Monmouth County (NJ)

Operations Committee

Andrew Niemiec – Greensboro Aquatic Center Event Manager

Bob McDowell – Announcer

Ted Rauth – Officials Coordinator

Robert Johnson – Administrative Referee

Carl Sandoe– Scratch & Relay Declaration

Susan Smith – Travel Assistance Chair, Late Registration

Donna Turner– Awards

Kiki Farmer – Local Volunteers Coordinator, Awards

Steve Lyons – Entry Chairperson